

In re Patent Application of:

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**IN THE ABSTRACT:**

~~An adjustable~~ This invention relates to a shock attenuation method and system ~~for of~~ an elastic insole of a shoe includes an insole body and a pressure controller ~~shoes for adjusting elastic force.~~ The ~~A~~ pressure controller in an elastic insole of shoes at least uses two pressure controlling modes, and can be adjusted ~~adjusts~~ to select between the alternate ~~alternative on/off of one of~~ pressure controlling modes using a rotatable shaft extending from the sole of the shoe by screw. ~~This invention can adjust shock attenuation and damping effect, and is practical and reliable, can be suitable for human body's requirements to the utmost extent.~~